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21 March 2024

## RUNNING TEAM

### 2024 COACHING SESSIONS FOR RUNNERS

(Repeat Circular)

- The Law Society Running Team will organise a new series of professional coaching sessions in April to June 2024. We have invited Mr Ngai Kang (魏贇), Hong Kong elite runner, as the coach of this new class series (click [here](#) for profile). All members with no or some running experience are welcome.
- Details of the coaching sessions are as follows:

	<b>A. Monday night classes: 8 April to 24 June 2024 (11 sessions)</b>	<b>B. Saturday morning long runs (2 sessions):</b>
<b>Dates:</b>	<ul style="list-style-type: none"> <li>- April: 8, 15, 22 &amp; 29</li> <li>- May: 6, 13, 20 &amp; 27</li> <li>- June: 3, 17 &amp; 24 (<i>no class on 10 June, which is a public holiday</i>)</li> </ul>	<ul style="list-style-type: none"> <li>- 20 April 2024</li> <li>- 18 May 2024</li> </ul>
<b>Time:</b>	7:30 pm to 9:00 pm	7:00 am to 10:00 am
<b>Venue:</b>	Central Waterfront Promenade	Happy Valley Sportsground
<b>Minimum Class Size:</b>	15 pax	10 pax
<b>Fees:</b>	<b>A + B (HK\$1,200)</b>	
<b>Registration Options:</b>	<b>A only: HK\$1,100</b>	<b>B only: HK\$300</b>
<b>Remarks:</b>	(a) Participants are required to join the Recreation and Sports Programme 2024. (b) ALL fees are non-refundable and non-transferable and cannot be paid on a pro-rata basis. (c) The Law Society reserves the right to alter any arrangements including cancelling the classes if it is under-subscribed or reschedule any session due to inclement weather conditions.	

3. For those members who are interested in joining the coaching sessions, please register via the [online form](#) and complete payment by **Wednesday, 3 April 2024**. For details, please refer to the [online form](#).

#### **4. Personal Information Collection Statement**

The personal data collected in the process of registration (the “data”) will be used by the Law Society (the “Organiser”) for registration of the 2024 Coaching Sessions for Runners (“the classes”) for making logistical arrangements, and other related purposes. The data may be provided to such persons within the Law Society whose proper business is to process your registration of the classes, and may also be provided to other persons who may facilitate the Organiser to carry out the purposes mentioned above. Any data that is provided to anyone outside of the Organiser will be restricted to what is necessary to achieve any intended purposes. You have the right to request access to and correction of the data. Any such request should be addressed to the Secretary General, The Law Society of Hong Kong, 3/F, Wing On House, 71 Des Voeux Road Central, Hong Kong. The Privacy Policy Statement of the Law Society is available on its website at [www.hklawsoc.org.hk](http://www.hklawsoc.org.hk).

#### **5. Statement on Use of Event Photos and/or Videos**

The event may be photographed, videotaped, screen captured and/or video recorded for the Law Society’s records and/or promotion of future events. By participating in this event, you and any accompanying person(s) (where applicable) consent to be photographed, videotaped, screen captured and/or video recorded, and permit the Law Society to use such image(s) for internal records, educational and marketing purposes, including promotional materials such as, but not limited to, the Law Society’s websites, social media platforms and publications. In the case where your minor child(ren) take(s) part in the event, you give permission to the Law Society to use your child/children’s images for the aforesaid purposes.

6. For enquiries related to the class(es), please contact below Running Team’s Convenors:
- Mr Sonny Lam: 6218 2212 or [cslsonny@yahoo.com](mailto:cslsonny@yahoo.com); or
  - Ms Catherine Lau: 6107 0230 or [catherinelstf@gmail.com](mailto:catherinelstf@gmail.com)



# Ngai Kang

## 魏賡

Hong Kong Elite Runner | Running Coach  
香港長跑精英運動員 | 跑步教練

### About Me 關於魏賡

Age 年齡: 29  
Height 身高: 167cm  
Item 項目: Long Distance 長距離  
2016-2019年香港田徑代表隊

### Personal Best 個人最佳成績

Full Marathon 馬拉松: 2:26:15

Half Marathon 半馬拉松: 1:09:46

### Sponsorship 贊助

- 2021-22 Lululemon HK**  
Ambassador 品牌大使
- 2018-19 Adidas HK**  
Sponsored Athlete 贊助運動員
- 2016-17 ASICS HK**  
Sponsored Athlete 贊助運動員
- 2014-15 New Balance HK**  
Sponsored Athlete 贊助運動員

### Contact 聯絡資料

- +852 9375 5638
- ngaikang@hotmail.com
- <https://bit.ly/3Dot6RI>
- @ngaikang

### Coaching Experience 教學經驗



POLAR

UAKLEY

Deloitte



中國人壽 | 海外 |  
CHINA LIFE

- 2021 Standard Chartered Hong Kong Marathon**  
渣打香港馬拉松  
2nd Runner-up in Marathon 馬拉松全場第三名
- 2019 17th Asian Marathon Championship**  
第十七屆亞洲馬拉松錦標賽  
15th Place 第15名  
**Hong Kong Athletics Championship**  
香港田徑錦標賽  
1st in 10000m & 2nd in 5000m 10000米冠軍及5000米亞軍
- 2018 Standard Chartered Hong Kong Marathon**  
渣打香港馬拉松  
HK 1st Place in Marathon 馬拉松香港第一名  
**Hong Kong Athletics Championship**  
香港田徑錦標賽  
1st in 10000m & 5000m 10000米及5000米冠軍
- 2017 16th Asian Marathon Championship**  
第十六屆亞洲馬拉松錦標賽  
15th Place 第15名  
**Standard Chartered Hong Kong Marathon**  
渣打香港馬拉松  
2nd Runner-up in Marathon 馬拉松組別第二名  
HK 1st Place in Marathon 馬拉松香港第一名
- 2016 Standard Chartered Hong Kong Marathon**  
渣打香港馬拉松  
2nd Runner-up in Half Marathon 半馬拉松全場第三名